

21 DAY EQUITY CHALLENGE

#UNITEDFOREQUITY – #CREQUITYCHALLENGE

DAY 21: Take Action in the Capital Region

Congratulations on completing United Way of the Greater Capital Region's 21 Day Equity Challenge. We are incredibly thankful you have come along this journey with us and made time to learn and reflect on topics of equity within the Capital Region. We know these conversations and the feelings they evoke are not always easy, but making more space for brave and vulnerable dialogue is one of many steps we can take toward achieving equity in our community and across the world.

We challenge each of you to share a reflection on your experience with a family member, friend or colleague to continue the momentum from this challenge.

Today's Challenge:

Option 1: Sign up to volunteer in our community at [UnitedtoVolunteer.org](https://www.unitedtovolunteer.org). Find a volunteer opportunity that fits your schedule or interests or browse agencies that need support.

Option 2: Next time you are running errands or heading to the grocery store, if you typically travel by car, challenge yourself by taking the CDTA bus. [Click here to find a route to your destination.](#)

Option 3: Creating equitable outcomes requires that we change the way we talk about members of our community to focus on their aspirations rather than their challenges - this is called asset-framing. [Watch videos from Trabian Shorters, founder and CEO of BMe Community, discuss how to put asset-framing into practice.](#)

Option 4: Many white people do not get involved in the work of racial justice because they do not know where to begin or how to use their voice to promote equity. Please read and challenge yourself to take a few of the actions in this article from Medium, ["103 Things White People Can Do for Racial Justice."](#)

It is going to take all of us to dismantle racism. Today, make the choice to use your voice in support of those who are rarely heard.

Share on social media how you will remain committed to advancing equity in the Capital Region. Use the hashtags [#unitedforequity](#), [#equitychampions](#), and [#CRequitychallenge](#)

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Inspired by what you did throughout this challenge and are eager to learn more? Check out these resources to further your knowledge and remain active participants in the fight against racial injustice:

- Read the book [Me and White Supremacy: A 28-Day Challenge to Combat Racism, Change the World, and Become a Good Ancestor](#) by Layla F. Saad
- Check out this monthly self-paced syllabi [The Great Unlearn](#) from Rachel Cargle
- Participate in the [Black History Bootcamp: A 21 Day Walking Meditation](#) by GirlTrek

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